

"Creative Problem Solving to Reduce Stress"

with Sarah from the Vital Aging Project

Wednesday, Sept 19
11:00 AM

Tap into your creativity and learn how to approach problem solving from a different mindset. This class will look at methods to help you cope with typical or unusual issues that occur in daily living and strengthen your problem solving skills.

September

"The breezes taste
Of apple peel.
The air is full
Of smells to feel.
Ripe fruit, old footballs,
Burning brush,
New books, erasers,
Chalk and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts
Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze."

-John Updike

Fall Prevention Awareness Day is on the first day of fall. Don't miss these informative presentations!

- "Fall Prevention" with Weston from Humana Wed Sept 5 @ 11:00 AM
- "Fall Prevention & Safety in the Home" with Alan from December Rose Senior Care at Home Wed Sept 12 @ 11:00 AM
- "What is Balance" with Thelma; T'ai chi Instructor Wed Sept 26 @ 11:00 AM

Senior Advisory Committee

Chair

Mick Florin

Vice Chair

Loyd Hefflin

Treasurer

Patricia Bassett

Members

Pat Vogt

Chic McGowan

Jill Duke

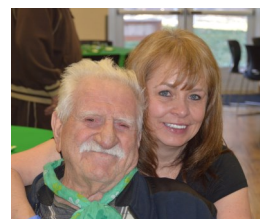
City Council Liaison

Don Shelton



Senior Centers: Building Momentum!

- Growing
- Learning
- Giving
- Connecting



ncoa
National Council on Aging

South Jordan Senior Happenings

September 2018
Volume 11, Issue 9



Patriotic Luncheon

In honor of Patriot Day & Constitution Day
Thursday, September 13
11:30 AM

Piano entertainment by Debra Bowers

Patriot Day is observed in the United States as the National Day of Remembrance. It occurs on September 11 of each year in memory of the people killed in the September 11 attacks of 2001.

Constitution Day observance recognizes the adoption of the United States Constitution and those who have become U.S. Citizens. It normally occurs on September 17, the day in 1787 that Constitutional Convention delegates signed the document in Philadelphia.

Suggested donation for 60+ is \$3.00. Suggested donation for those under 60 visiting with a senior participant is \$7.00 (actual cost of meal)

Coming up in October

- *Old Glory Vintage Dancers* dance class; \$2-Thursday, October 4 & Thursday, October 25 @ 10:00 AM
- Walmart Shopping Trip-Monday, October 8 @ 12:30 PM
- Health Screenings by UVU Nursing Students-Wednesday, October 10 @ 9:30 AM-12:00 PM
- Fall Leaves Tour-Thursday, October 11 @ 10:30 AM
- AARP Driver Safety Class-Monday, October 15 @ 9:00 AM-3:00 PM
- Book Club-Tuesday, October 16 @ 12:30 PM
- Free Legal Consultations-Friday, October 19 @ 11:00 AM
- Red Hat Adventure: Dutch Oven Cookout up Millcreek Canyon; \$7-Monday, October 22 @ 11:00 AM
- Halloween Party-Wednesday, October 31 @ 11:00 AM. Halloween Bingo starting at 12:30 PM



*October Activities available for sign-up on Monday, October 10

Transportation

Transportation to and from Senior Programs is available for residents of South Jordan aged 60+ · Call 801-302-1222 to schedule a ride · No fee

Breakfast

Continental Breakfast served Monday-Thursday from 8:30-10:00 AM

Biscuits & Gravy served Friday from 9:00-10:00 AM

\$1.50 suggested donation appreciated

Lunch

Lunch is provided by Salt Lake County Aging and Adult Services · Served at noon · Suggested donation for 60+ is \$3.00 · Suggested donation for individuals under 60 visiting with a senior participant is \$7.00 (actual cost of meal) · Lunch reservations can be made by signing up the Tuesday prior · You may reserve your meal in person or by calling 801-302-1222 · Please call if you need to cancel your lunch reservation · We will do our best to accommodate day-of lunch reservations

Day Directors

Helene Cutolo
Betty Watkins
Mary Alice Weber
Carol Rees
Roland Arnold
Cherry Island
Billie Lawrence
Carolyn Gunter
Sharon Vogrinec

South Jordan Community Center Staff

Community Center Supervisor

Jamie Culbertson

Program Assistant

Jennifer Healey

Transportation

Rex Firth

Kitchen Staff

Darla Grebb

Patrick Paul

Building Attendant

Catie Scorzato

Custodian

Myron Jacobsen

South Jordan Senior Programs Annual

Fall Banquet

Thursday, September 20
11:30 AM

Entertainment by *Preston Lloyd Quintet*
provided through *Heart & Soul*

Menu: Lasagna with Meat Sauce, Green Beans Almandine, California Blend Vegetables, Fresh Fruit Salad, Breadstick, Milk and Carrot Cake with Cream Cheese Frosting for Dessert

Prize drawing held at conclusion of meal. Must be present to win.

Suggested donation for 60+ is \$3.00. Suggested donation for those under 60 visiting with a senior participant is \$7.00 (actual cost of meal)

South Jordan Community Center Senior Health and Wellness Fair

Thursday, September 27
9:00 AM-1:00 PM

Door Prizes · Breakfast · Free Health & Nutrition Information · Blood Pressure Checks · Program Demo's and Information · Free Screenings and More!

Don't forget to sign up for lunch!

Prize drawing held at 12:30 PM. To be eligible for the drawing, vendor signature card must be turned in. Cards available day-of.



South Jordan Community Center

10778 S Redwood Road · South Jordan, Utah 84095

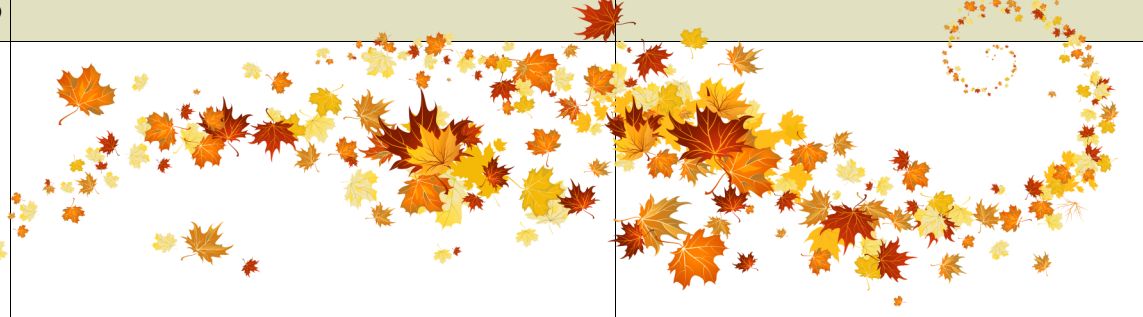





801-302-1222 ext. 1102 · www.sjc.utah.gov



Information in this newsletter is subject to change at any time.



September 2018 • South Jordan Senior Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
E V E R Y	10:00 Wii Bowling 10:30 NIA Exercise 12:00 Lunch 12:30 Ceramics 1:00 Pickleball	9:30 Banjo 9:45 T'ai chi 10:00 Help with Computers 10:30 Strength & Yoga Class 10:00 Wii Bowling 10:30 Beginning French 12:00 Lunch 12:30 Oil Painting 1:00 Pickleball 1:00 Party Bridge	9:30 Beginning Line Dancing 9:30 Restorative Yoga 10:00 Crochet & Chat 10:00 Wii Bowling 10:15 Intermediate Line Dancing 10:30 Advanced French 10:30 Ping Pong 12:00 Lunch 12:30 Ceramics 12:30 Bingo	9:30 Woodcarving 9:30 Guitar Jam 10:00 Wii Bowling 10:30 Gentle Yoga 12:00 Lunch 1:00 Pickleball	9:00-10:00 Biscuits and Gravy Breakfast 9:30 Restorative Yoga 10:00 T'ai chi 10:00 Wii Bowling 10:00 Watercolor 10:30 Ping Pong 12:00 Lunch 1:00 Pickleball	
	Lunch is served at noon. Suggested donation for 60+ is \$3.00. Suggested donation for those under 60 visiting with a senior participant is \$7.00 (actual cost of meal)	Transportation to and from Senior Programs is available for South Jordan Residents free of charge for ages 60+. Call 801-302-1222 to schedule a ride.	Salon Services are Open! Caroline & Kim provide professional salon services. Available by appointment. Caroline: 801-577-7594 Kim: 801-895-1576			1
2	3 Closed LABOR DAY 	4	5 11:00 "Fall Prevention" with Weston from Humana 12:30 Bingo! Sponsored by Utah Senior Care Advisors	6 10:00 <i>Old Glory Vintage Dancers</i> Dance Class * \$2  10:00 Smart Phone Help with Kennedy	7	8
9	10	11  12:30 Walmart Shopping Trip. Bring money for your shopping needs	12 11:00 "Fall Prevention & Safety in the Home" with December Rose Senior Care at Home 12:30 Bingo! Sponsored by Home Option Personal Care	13 11:30 Patriotic Luncheon Piano Entertainment by Debra Bowers	14	15
16	17 CONSTITUTION DAY SEPTEMBER 17 TH	18 12:30 Book Club-This month's read: <i>The Wild Robot</i> by Peter Brown	19 11:00 "Creative Problem Solving to Reduce Stress" with Sara from the Vital Aging Project 12:30 Bingo! Sponsored by Legacy Retirement	20 11:30 Fall Banquet. Entertainment by Preston Lloyd Quintet provided through Heart & Soul	21 11:00 Free Legal Consultations with Richard S. Brown <i>Attorney at Law</i>  Sign up in the office	22
23	24	25 1:00 Senior Advisory Committee Meeting	26 11:00 "What is Balance?" with Thelma; T'ai chi instructor 12:30 Bingo! Sponsored by Jenkins Soffe	27  9:00-1:00 Senior Health & Wellness Fair	28 10:30 Red Hat Adventure: Fall Leaves Tour Bring money for lunch	29
30						